# JAMWORKOUT HRMS Install and Implementation

#### BEFORE YOU BEGIN

Locate your SSID and Password.

Be exact as both are case-sensitive.

On your computer.

Go to: settings-network and internet-wifi- hardware properties.

This will display your SSID.

Your password is the one you use to log in to your wifi.



## GETTING STARTED

Connect to the website.

http://admin.jamworkout.com/auth

Save this site to your desktop.

Username:

Password: password (will be changed during install meeting)



#### Login to Your Account



# ENTERING DATA

Adding Staff:		• Online		Locations								•	Add New	📥 Export
Under Location.		# Dashboard Users	-	25 🔻										
Select edit.		Owners		Location Key	Name •	Address	City •	State •	Zip •	Status •	Owner	Updated On From: To :	• Image	Actions
2nd taxa	l Staff.	Lanes Display Devices		GA0002	JAM.FITNESS	4620 Kimball Bridge Suite 5	Alpharetta	GA	30005	Active	Mike Prosnick	11/01/2017 09:14 AM	10.00	
Select Add New Staff/Manager	Details Live HR 25	Managers & Staff HR Data	s Clients	: Defaults	: Ad Cor	ntent S	ocial Mec	lia F	Rewards	s Thi	rd Party	Sign-up f		anager
	Name		Email		\$	Туре	≑ Stat	us	Crea	ated	÷ L	ast Login	Actio	ns
	Name		Email			Туре	Sta	tus 🔻	From To :			rom:		

Fill out the form. Select position.

Add New	User to	save.
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Search User	Search user by name or email address	
		Or
First Name	Enter first name	Last Name Enter last name
Nick Name	Enter nick name	Email Address         Enter email address
Password	Enter password	Retype Password         Enter confirm password
DOB Enter	r date of birth	Gender Please select
Company	Enter company name	Phone (xxx) xxx-sxxxx
ole 🔵	Managers	

#### SET DEFAULTS

Set defaults for assessments and motivational goals. 4th tab. DEFAULTS

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#GA0002 JAM.FITNESS Online	•	
🖨 Dashboard		Location: JAM.FITNESS #GA0002
醟 Users		Details Managers & Staffs Clients <b>Defaults</b> Ad Content Social Media Rewards Third Party Sign-up Form
<b>♀</b> Locations		Details Managers & Staffs Clients Defaults Ad Content Social Media Rewards Third Party Sign-up Form Live HR HR Data
Owners		Interval Time 150 seconds Break Time 30 seconds Untimed Duration 5 v minutes
Locations		
Lanes		Last Screen Duration         30         seconds         Default Video Swap Duration         1         seconds         Plan Video Swap Duration         15         seconds
Display Devices		Welcome Message Duration         5         seconds         How Frequently HR Summary Show         seconds         How Long HR Summary Show         seconds
Device Logs		Default Next Contact Duration 7 days
@ Subscriptions		When a user is setting up their goal of how many times a week to come in and exercise? 3 Days
🕮 Reports		How many weeks should it be between assessments? Each Month
🎍 Exercises		How many weeks should it be between updating their Motivational Goals? Three Months
Community		How many weeks should it be between updating their program plans? Each Month
Messages      140		

Set defaults for Social Media– Email -Phone -Website -Facebook – Instagram -etc.

Online	
🖀 Dashboard	Location: JAM.FITNESS #GA0002
🖶 Users 🗸	Details Managers & Staffs Clients Defaults Ad Content Social Media Rewards Third Party Sign-up Form
♥ Locations	Details Managers & Staffs Clients Defaults Ad Content Social Media Rewards Third Party Sign-up Form Live HR HR Data
Owners	
Locations	Contact Details
Lanes	Email jamprosnick@gmail.com Phone (770) 559-7555 URL http://jam.fitness/
Display Devices	Workout Status Email Share Options
	🗹 🕼 Facebook 🕑 🛅 Linkedin 🕑 💟 Twitter
Device Logs	Share Message
@ Subscriptions 🛛 🚽	JAM! Checkout my workout {plan} at {club}
🕮 Reports 🛛 👻	A
	Short codes available:- {plan}: Plan Name, {client}: Client Name, {club}: Club Name
🛓 Exercises 🛛 👻	Mandrauk Chabas Fernil IF-II and I-I Ondiana
🖹 Community 🛛 👻	Workout Status Email 'Follow Us' Options
	🛐 JustAboutMeFITNESS 💿 🔯 in/michael-prosnick-45 💿 🖸 JustAboutMeFIT 💿 📑 UCuJfxrqDp8qHDC0BTI 💿
🗭 Messages 🚺 👻	Enter instagram name
🕞 Sign Out	

## ADD MEMBERS:

3rd Party linking: currently available to MindBody users.

Existing members to be added via conversion:

Gather the following data:

Full Name

Date of Birth

Gender

Weight

Email Address

HR Monitor ID

## ADD A NEW MEMBER:

Users– List	Mike Prosnick #GA0002 JAM.FITNESS + © Online # Dashboard	JAM Users List					+ Add New Client
+Add New Member	Users	Managers 2	<sub>Staff</sub>	General User 543	Guest	Location Owner 1	Prospect 67
+ Add New Client	Missing Data Fixer           Q Locations         +	Owner All	• Locations #0	5A0002 JAM.FITNESS	¥	Q Go	

Fill out the form, include the HR Monitor ID.

First Name Enter first name			Last Name Ent	ter last name			
Nick Name Enter nick name			Email Address	Enter email addres	S		
Password Enter password			Retype Password	Enter confirm pa	assword	d	
est Account 💿 Yes 🖲 No			Company Ente	er company name			
Phone (xxx) xxx-xxxx			Alt Phone Ente	er alternate phone n	number	(XOX) XOX-XOX( (XOX)	
DOB Enter date of birth		Gender Decline to State		•	Zip	Enter Zipcode	
Address Line 1 Enter address line			Address Line 2	Enter address line			
City Enter city			State Please se	select			
RFID for Bracelet Enter your RFID for Bracelet			HR monitor ID	Enter your HR mon	nitor ID		
Role General User		Level of fitness Please select		•	Inju	ries	
Weight Enter Your Weight	lbs	How did you hear about us Please	select	٣	Ple	ease enter details	
Height Please select	*						1

#### REPORTS AND KPIS

Review the dashboard reports at a glance.



REPORTS:	Missing but not gone 🗸	
Customer CRM	Never swiped	Export the file to print or save.
Search by:	Missed last week	🖌 🛓 Export as XLS 🛓 Export as PDF
Need assessment	Missing but not gone	
Need goal	The lost souls	Add a note or send a message.
Last Workout	Missing RFID	
	Assessments	🕂 Add Note 🖾 Send Message
	. Goals	
	Workouts	
	New Members	

Monthly Challenge

See the points/ leader board for monthly challenges.

#### Staff Notes:

See any notes that have been added to a members account.

#### MEMBER EDUCATION

Heart Rate Zones-

Make sure this is hung in a visible area.



Member Data to Drive Challenges.

-CANATINA	85:19 AM	
Warrior Pr	Total Calories Burne	
171~		191
171♡		64
242 7	Top Calorie Burns	
		037
	Nicolas 6,	614
	JAM 6,	518

**Email Summaries** 

Min. Avg. HR HR 82	147 Max. HR 171
Calories Burne	ed 672
Minutes in Zones 4m 51sec	Calories by Zones 18cal
4m 51sec	18cal
4m 51sec 1m 55sec	18cal 12cal

## SETTING UP TEAM TRAINING

Under Locations:

Tab 10—Live HR

Individuals in the club for Team training will be listed. Select attendees and start.



#### THE MEMBER DASHBOARD

Members can add this to the Online home screen of their phones 🖀 Dashboard Patrick Brown 🖉 Edit if desired. Your next assessment: January 01/11/2018 A link to this site is sent when My Motivational Goals 01/11/2018 Catch 3 workouts a week they are signed up. Here they can track & My Account workouts, record assess-🕞 Sign Out ments and set goals. & USEFUL LINKS Training clients can add their 6 Status overview trainers for accountability. 12 Workouts (7 pending/5 completed)





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